

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Location Key

- BLUE** – Off Campus
- RED** – Media Room
- GREEN** – Maple Room
- BLACK** – Sugar House
- PURPLE** – Lilac Room
- Brown** – Coffee Shop

1	8:00am – Recycling 9:00am – Pedicures w/ Kristina in Spa Room 10:00am – Social Hour 10:30am – Men’s Billiards 2:00pm – Movie Premiere “Walt Disney before Mickey”	2	8:00am – VNA Blood Pressure Checks 9:00am – House Committee 10:30am – Hearing Aid Cleaning 11:00am – OTSHG Exercise 2:00pm – Documentary Series “The Tudor’s”	3	9:00am – Massage with Vincent 10:00am – Social Hour 10:30am – Men’s Billiards 2:00pm – Ken Burns History of the Civil War esp.1 3:00pm – Bingo	4	9:00am – Shopping In Wolfeboro 10:00am – Ping Pong 11:00am – OTSHG Exercise 2:00pm – Classic Movie 6:30pm- Bridge Group	5	10:00am – Social Hour 10:30am – Men’s Billiards 2:00pm – Documentary: What the Health	6	
7	9:00am – Manicures w/ Kristina in Spa Room 10:00am – Social Hour 10:30am – Men’s Billiards 2:00pm – Movie Premiere “Momma Mia” 6:30pm- Bridge Group <small>Columbus Day (US) Thanksgiving Day (Canada)</small>	8	9:00am – Men’s Breakfast 10:00am – Stock Club 11:00am – OTSHG Exercise 2:00pm – Documentary Series “The Tudor’s” 5:00pm – 21 st Anniversary Party	9	10:00am – Social Hour 10:30am – Men’s Billiards 11:00am – Chair Yoga 1:30pm – TED Talk: What really matters at end of life? 2:00pm – Ken Burns History of the Civil War esp.2	10	9:00am – Shopping In Wolfeboro 9:30am – SHRC BOD 10:00am – Ping Pong 11:00am – OTSHG Exercise 2:00pm – Classic Movie 2:00pm – Social Comm. 6:30pm- Bridge Group	11	9:00am – Conway Scenic Railway Fall Foliage Trip 10:00am – Social Hour 10:30am – Men’s Billiards 2:00pm – Documentary: Hiroshima; History of WWII	12	
14	8:00am – Recycling 9:00am – Pedicures w/ Kristina in Spa Room 10:00am – Social Hour 10:30am – Men’s Billiards 2:00pm – Movie Premiere “Secretariat” 6:30pm- Bridge Group	15	9:30am – Residents Meeting 11:00am – OTSHG Exercise 2:00pm – Documentary Series “The Tudor’s”	16	9:00am – Shopping at the Mall of NH Trip 10:00am – Social Hour 10:30am – Men’s Billiards 11:00am – Chair Yoga 2:00pm – Book Club 2:00pm – Ken Burns History of the Civil War esp.3	17	Rummage sale drop off 9:00am – Shopping In Wolfeboro 10:00am – Ping Pong 11:00am – OTSHG Exercise 1:00pm – Dr. Hammond 2:00pm – Classic Movie 2:00pm – Knitting Group 6:30pm- Bridge Group	18	9:00am – Littleton Stamp and Coin Trip 10:00am – Social Hour 10:30am – Men’s Billiards 2:00pm – Documentary: Food Inc.	19	
21	9:00am – Manicures w/ Kristina in Spa Room 10:00am – Social Hour 10:30am – Men’s Billiards 2:00pm – Movie Premiere “Cold Mountain” 6:30pm- Bridge Group	22	9:00am – Ladies Breakfast 10:00am – Stock Club 11:00am – OTSHG Exercise 2:00pm – Documentary Series “The Tudor’s” 2:00pm – Hospice informational Lecture	23	10:00am – Social Hour 10:30am – Men’s Billiards 11:00am – Chair Yoga 2:00pm – Ken Burns History of the Civil War esp.4 4:00pm – Dinner at Canoe	24	9:00am – Shopping In Wolfeboro 10:00am – Ping Pong 11:00am – OTSHG Exercise 1:00pm – Rev. Gina 2:00pm – Classic Movie 6:30pm- Bridge Group	25	9:30am – Chef Forum 10:00am – Social Hour 10:30am – Men’s Billiards 2:00pm – “A Swellegant Trio” Performance 2:00pm – Documentary: Hitler; A Career 4:30pm – Halloween Costume Cocktail Party	26	
28	8:00am – Recycling 10:00am – Social Hour 10:30am – Men’s Billiards 2:00pm – Movie Premiere “Women in Gold” 6:30pm- Bridge Group	29	11:00am – OTSHG Exercise 2:00pm – Documentary Series “The Tudor’s”	30	 10:00am – Social Hour 10:30am – Men’s Billiards 11:00am – Chair Yoga 2:00pm – Ken Burns History of the Civil War esp.5	31	<h1>October 2018</h1> <h2>Sugar Hill Retirement Community</h2> <h3>Activity & Trip Calendar</h3>				



If you have questions or need additional information on any of the activities or events listed, please call Christina at 569-8485 Thank you.